
**National Naval Medical Center
Bethesda 106
Wellness Program**

Medical Reserve Unit Develops Wellness Program without Funding

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Introduction

- NNNMC Bethesda 106 developed a Wellness program in response to the Navy Surgeon General's policy on health promotion in the reserve force.
- The goals of this program was provide mutual support to NNNMC, educate fellow reservists on healthier lifestyles during their 5 year physical and to educate Bethesda 106 members on current health conditions/lifestyles that would affect mobilization status.

Limitations

- Due to zero funding and no immediate access to medical care/follow-up on the drill weekend, any long term interventions were referred to individual members' private health care provider, ie. Nicotine patch for smokers, counseling, suspected alcohol abuse.

Educational Materials

- Educational materials, resources used to educate Reservists on a healthier lifestyle are reproduced from reliable national web sites or NNMC Bethesda Health Promotion Department or Family Health Center.
- Many of the materials used by NNMC Health Promotion Department were written by Reservists during their 2 week annual training.

Bethesda 106 Wellness Survey

- A wellness survey was developed and distributed at the first all hands drill to determine the health promotion information needs of the unit.
- Diet and exercise were identified as the greatest needs to be met in the unit.
- Due to reserve status, reserve members cannot be referred for care at NNMC.

Mutual Support

- Bethesda 106 Wellness department flex drillers support NNMC Health Promotion Dept, NNMC Family Health Center, Annapolis Clinic, Willow Grove Clinic
- Reviewed **800 HEAR data** for NNMC with Tricare initiative.
- Staffed NNMC Health Fairs at NNMC and White House.

Health Risk Appraisal

- Completed at the time of 5 year physical
- Results reviewed with member
- Lifestyle educational handouts provided
- Individual counseling provided
- Data submitted quarterly, with trends

Put Prevention Into Practice

- Coordinated the PPIP training with NNMC Active duty Physicians and Reserve Health Care Providers who support Family Health Center and outlying clinics.
- Assisted in the training of NNMC Physicians and Nurse Practitioners during the implementation of PPIP.

Physical Readiness Test



- Coordinate with the appropriate Reserve PRT staff to provide fitness and nutrition counseling for members who failed to meet the standards.

Alpha Weekend Fitness Challenge



Initiated personal fitness challenge for members who want to improve their overall fitness level. Nutritional and fitness counseling provided.

Pre and post test given, to include quality of life questions at the completion of Challenge.

Wellness Website

- Coordinate with local Reserve Center's Web Master providing input for Wellness page with healthy lifestyle tips.
- Sources for tips: American Heart Association, Navy Environmental Health Center, American Cancer Society etc.



Seminars

Lunch N' Learn Healthy Lifestyle Seminars

given by Reserve members on drill weekends





Plan of the Month

Monthly Wellness tips inserted in the POM using national wellness and health promotion themes.

Resource for information from nationally recognized organizations such as the American Cancer Society, American Heart Association etc.

Future Plans

- Wellness Telemedicine Conference from major MTF, as GMT to provide Wellness/Health Promotion information to other Reservists across the country.



Individual Dietary Counseling

- Dietary counseling is provided individually by a Bethesda 106 dietician. Individual appointments are provided on the drill weekend. This service is also open to the local reserve centers.